



PSYCHOLOGICAL COUNSELLING NEEDS AMONG KASHMIRI ADOLESCENTS: A REFLECTION FROM DISTRICT KUPWARA

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ABSTRACT

In the journey of human life, Adolescence period has a special significance because this period marks multi developmental changes in an individual. In the very period a person tries to develop his identity in order to overcome the problems and challenges that he faces at this stage. It is a constructive stage in human life and demands adjustment at every front. Here a person is not enough mature to adjust to these sudden changes and is always in need of someone who will help him in this risky period of life. The present investigation was directed towards identifying the counselling needs of adolescents of Kashmir. Chowhan and Aurora's psychological counselling Needs Scale was administered on a sample of 300 adolescents (male=150, female=150). In order to analysis of collected data; Mean, SD and t-test were applied. The findings of the study indicated that adolescents are in high need of psychological counselling. It was also found that there is a significant difference between these two samples, which means that girls are in high need of psychological counselling needs as compared to boys.

KEY WORDS: Adolescence, Psychological Counselling needs, Kashmir.

Introduction:

The word adolescence has been derived from a Latin verb "adolescere" which means to grow up. Hence it is a period of life in which an individual grows physically, socially, mentally and emotionally. It is very difficult to say when this period starts, however adolescence has been defined by W.H.O as the period in human growth and development that occurs after child hood and before adulthood, from age 10 to 19. More so, it can be described as the period within the life span when most of a person's biological, cognitive, psychological, and social characteristics are changing from what is typically considered child-like to what is considered adult-like (Learner & Spanier, 1980). This stage of life is marked by emotional development that includes mood swings, enthusiasm, tenderness, cruelty, curiosity and apathy (Atwater, 1988). Adolescence is a time when the individual starts to identify who he or she is (Bruce, 1958; Erikson, 1994; Nurmi, 2004; Tobin-Richards, et al., 1983). Overall, it can be concluded that it is a phase of high and lows characterised by multiple creative dreams and confusions about one's physical, intellectual, emotional and social self, and career. (Pushpalatha and Sasikala 2015) These sudden changes are not often dealt properly by adolescents and they are unable to develop equilibrium in their day to day activities. Adolescence period has been said as a period of stress and strain (Stainly Hall). This is a period of confusion, tension, frustration, and felling of insecurity. It is a period, in which adolescents are confronted with varied problems. These problems of adolescents are dynamic and vary from culture to culture. During this period, adolescents try to develop his identity in order to strive for a successful life. Quite often adolescents feel confusion about their future life, e.g. (Marcia and Freidman 1970) discovered that the identity confused adolescents does not always want stressful task, he has low self esteem experience more difficulty in interpersonal relationship because adolescents cannot resolve its identity crises (that is "who they are") they got lost in confusion about the roles they are to play as they got older. Adolescents who experienced negative emotions were found to manifest higher rates of psychological problems (Verma, et. al. 1999). Maneet and Sarbjeet (2001) found that 68% of teenagers consumed alcohol while they were studying in class 10th at the age of 15 to 16 years. Some students engage in antisocial behaviour such as drug and alcohol abuse and irresponsible sexual behaviour, which leads to decline of moral integrity, because they lack knowledge on how to effectively spend and manage their leisure time (Ndondo 2004). Kandal (1980) observed that issues and concern of immediate relevance to adolescents life, example drug, sex, alcohol and peers play to crucial role while parents are more effective in influencing the choices of religion, future aspirations for instance choices of occupation. He also noted that sometimes biological changes in adolescents may lead to behavioural and adjustment problems. In order to deal properly with these problems and to develop their wholesome personality, counselling is must. The need for guidance and counselling in modern times has increased because of the multiplicity of problems that the individuals have to face in the various domains of life. In the context of the changing socio-cultural scenario the repertoire of guidance and counselling has been increasing at an unexpected speed. In these circumstances, it is essential to help and guide the youth to worthwhile channels through the introduction of guidance and counselling services on a universal scale in our educational institutions. (Ramakrishnan and Jalajakumari 2013) Counselling may be defined as a series of direct contact with the individual that aims to offer him assistance in changing his attitude and behaviour. Counselling is an interactive process concerned with assisting people to achieve their goals and function more effectively. (Ivey, et, al.

1987) The common areas that adolescence counselling can help fix problems is behaviour, school discipline, depression, anxiety, anger, lack of respect for others, power struggles, eating disorders, sleep, substance abuse, sexual problems, social skill problems, relationship problems,, family issue, sibling issues. Coping with parent conflict, coping with loss, step parent issue, coping with trauma, abuse issue (physical, social, sexual or neglect), coping with illness, lack of ambition, coping skill problems, or a general dissatisfaction with life. (Denver Teen Counselling, 2005)

Objectives:

- To assess the levels of psychological counselling needs among respondents.
- To assess the difference of psychological counselling needs between adolescents boys and girls.

Methodology:

The study was conducted on 300 adolescents (150 boys and 150 girls). The sample was collected from different higher secondary schools of the district. For collection of data, PCNS (Psychological counselling needs scale) developed by Chowhan and Arora (2009) was used. The scale is suitable for students of 13-18 years of age. The reliability coefficient of PCNS was found to be 0.90. After standardizing the test with other reliable tests the validity of the scale came out to be 0.82. The obtained data was analysed by using descriptive statistics.

Results and Analysis

In order to obtain the results of the present research, the collected data was analysed by using descriptive statistics like Mean, Standard deviation (S.D) and inferential statistics like t-Test. The result thus obtained is given below.

Table No: 1- Depicts the different levels of Psychological counselling needs of adolescents.

S.No	Level of Need	Number	Percentage
1	Very Low	54	18%
2	Low	36	12%
3	Average	54	18%
4	High	39	13%
5	Very High	117	39%
	TOTAL	300	100%

The perusal of the above table gives the description of psychological counselling needs of adolescents. The table shows that 18% of the respondents have very low psychological counselling needs, 12% of the respondents need low counselling needs, 18% of the respondents are in average need of psychological counselling need, 13% respondents need high psychological counselling, and 39% respondents require very high psychological needs. The table clearly indicates that a large portion of respondents are in high need of psychological counselling.

Table No: 2 Demonstrates the Mean, SD and t-value between adolescent boys and girls.

Gender	No of Adolescents	Mean	SD	SED	T-Value
Boys	150	79.04	12.5	1.97	8.94
Girls	150	61.42	20.695		

The description of the above table shows that the mean score obtained of Psychological counselling need scale was 79.04 and 61.42 for boys and girls respectively. The calculated value of 't' with $df = 298$ come out to be 8.94 which is higher than that of the table value i.e. 1.98 at 0.05 level of significance, depicting that there is a significant difference between these two samples, which means that girls are in high need of psychological counselling as compared to boys.

Conclusion:

Adolescence is a period of preparation for adulthood, followed by many developmental changes, ranging from physical to social and economic development. During this period adolescents try to develop their identity, hence this stage has also been described as a period of identity development. This period mark tremendous growth and development, it is also a period of new problems and challenges and quit often adolescents are not able to cope with these problems properly. The result of the present study indicates that majority of the adolescents are in need of high psychological counselling. After comparing the obtained data of male and female respondents, it was found that the two groups do not differ significantly. From the findings of the study it can be concluded that there is a dire need to provide proper counselling to these adolescents so that they can successfully carry out their future roles. Parents, teachers, community members, service providers, social institutions has an important role to play in this field.

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